KNES 441/443/445 – PRACTICUM COURSE

Practicum Position Title: Autism Aspergers Friendship Society (AAFS) – Stepping Out Program Assistant

# of Positions Available: 4-6

Industry/Company Description: Stepping Out Program (run by the Autism Aspergers Friendship Society or AAFS) - we are a recreation program for people on the Autism Spectrum with a focus on fitness!

There is roughly a 1:2 ratio of staff/volunteers to athletes. We do circuit workouts plus yoga or stretching in every session.

Location: The University of Calgary Kinesiology Complex – Block A: Gold Gym (Wed) / Fitness Studio (Sat)

Required Hours: 60-72 hours per term/5-6 hours per week during fall/winter terms and 10-12 hours per week during academic session

Academic Session: Fall, Winter or Spring terms

Specified Schedule: Must be available on campus Wed 1-3pm AND Sat 11am-1pm

Project Duties/Responsibilities:

This practicum involves working directly with a group of 4-5 youth and young adults with Autism Spectrum Disorder (ASD). The program is a weekly workout session for these youth (Stepping Out athletes) and the total group is comprised of 12-20 athletes, split up into 3 pods (each pod has a head coach and assistant coaches - practicum students are coaches).

Practicum students will coach an exercise and activity program for a group of young adults with ASD. The program aims to provide opportunities for friendship while helping youth improve their fitness, mindfulness, and teamwork.

- **Fitness**: Students will guide participants through a circuit workout, modelling exercises, modifying movements for those with mobility issues, and encouraging the athletes.
- **Mindfulness**: Students will assist the coaches in leading relaxing stretching - this will entail modelling poses for the athletes and giving guidance to get into poses if needed. It will also include encouraging and modelling relaxed breathing, focus and relaxation.
- **Teamwork and Friendship**: Students will encourage athletes to communicate and work together. This will include modelling an encouraging attitude and stepping back, whenever possible, to allow athletes to interact among themselves to build friendships with each other.

Required Student Qualifications:

- Interest in bringing a positive attitude and instruction in fitness to people who have ASD
- Required: KNES 367 – Adapted Physical Activity
- Background of participation and/or coaching in fitness and/or sport is an asset

On-Site Supervisor:
Brittany Morrison, Program Coordinator, Autism Asperger’s Friendship Society of Calgary
Interested students should contact brittany@aafscalgary.com